

Adult Special Interest

Arts & Crafts

Ukrainian Egg Decorating **NEW!**

Age 10–Adult Legend has it that as long as eggs (Pysanky) are decorated, goodness over evil will prevail throughout the world. Dye and decorate fresh eggs using a wax-relief technique that is an ancient tradition, called Pysanky. Learn what colors and designs have symbolic meaning to create your own messages. Each participant will make at least 2 eggs to take home. Youth (min age 10yo) and adult classes combined. **Instructor will collect a supply fee of \$10 at beginning of class.**

3314	Sat	Apr 14	10am–1pm
3315	Sat	June 16	10am–1pm
\$30 R / \$36 NR PKCC Instr: Larissa Chuprina			

Watercolor Painting

Whether you are a beginner or advanced painter, you will enjoy learning techniques for a successful painting. Jean demonstrates every step and provides individual assistance to all. Working from photo references provided by instructor, you will paint still life, florals, landscapes/seascapes, animals and more. Supply list available at PKCC. **No class on 5/28.**

3377	Mon	May 14–June 11	6pm–9pm
3378	Mon	June 18–July 9	6pm–9pm
3379	Mon	July 16–Aug 6	6pm–9pm
\$65 R / \$78 NR PKCC Instr: Jean Pratt-Beouy			
3380	Mon	Aug 13–20	6pm–9pm
\$33 R / \$40 NR PKCC Instr: Jean Pratt-Beouy			

For the kids...

★ **YOUNG** ★
REMBRANDT'S
ART CLASSES

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Oil Painting

If you can hold a paintbrush, you can discover how to oil paint. Explore composition, color theory, and various paint application techniques. All abilities welcome. Supply list available at PKCC. **No class on 5/28.**

3571	Mon	Mar 26–Apr 30	9:30am–11:30am
3572	Mon	May 7–June 18	9:30am–11:30am
3573	Mon	June 25–July 30	9:30am–11:30am
\$46 R / \$55 NR PKCC Instr: Danielle Barlow			
3574	Mon	Aug 6–20	9:30am–11:30am
\$23 R / \$28 NR PKCC Instr: Danielle Barlow			

Oil Painting the Easy Way

Paint along as Jean demonstrates the entire painting and provides individual assistance. Your own style will emerge as you paint many subjects from still life to landscapes to florals. You will quickly learn composition, color mixing, brush use, establishing depth and more. This class offers something for all levels. Supply list available at PKCC. **No class on 7/4.**

3381	Wed	Apr 25–May 16	5:30pm–8:30pm
3382	Wed	May 23–June 13	5:30pm–8:30pm
3383	Wed	June 20–July 18	5:30pm–8:30pm
3384	Wed	July 25–Aug 15	5:30pm–8:30pm
\$65 R / \$78 NR PKCC Instr: Jean Pratt-Beouy			

Ikebana—The Art of Japanese Flower Arranging

Experience the world of Ikebana and learn how to make simple and elegant arrangements with relatively few floral materials—a real “plus” in today’s economic climate. Students will learn concepts of line, space, mass, color, texture and more while creating basic styles of moribana (shallow vase) and nageire (tall vase) arrangements.

Fee for floral materials \$32 paid to instructor on first day of class. Please bring flower scissors, a broad, shallow vase and a large kenzan (flower frog) to first class.

4345	Tue	Apr 3–24	6:30pm–8:30pm
\$64 R / \$72 NR PKCC Instr: Diane Elliot			

Guitar

Guitar Song Workshop

Age 15–Adult A great sequel for those who have taken the TURBO CHARGED GUITAR class with a focus on songs. Or for intermediate players who know basic major and minor chords, and maybe even starting to get into barre chords. Learn and practice your favorite songs using basic techniques. Acoustic and Electric. **No class on 5/28.**

3891	Mon	Apr 9–June 4	5:15pm–6:15pm
3892	Mon	June 18–Aug 6	5:15pm–6:15pm
\$98 R / \$118 NR NKCC Instr: Scott Lawson			

Beginning Guitar Turbo Charged!

Age 15–Adult This fast-paced course covers all the basics—from tuning and strumming, all the way up to common chord progressions. Learn major, minor and 7th chords, basic rhythms and beginning theory. Good for acoustic styles. **Must be at least 15 years old at the start of class. No class on 5/28.**

3889	Mon	Apr 9–June 4	6:30pm–7:30pm
3890	Mon	June 18–Aug 6	6:30pm–7:30pm
\$98 R / \$118 NR NKCC Instr: Scott Lawson			



Computer Classes

Class participant should bring their own laptop or iPad, some PC's are available but no Mac computers are available at PKCC.

Android Workshop

Age 18-Adult Want to learn more about your tablet or smart phone? Thinking about buying a tablet because you are having trouble seeing information on your smart phone? Join us for this workshop as we explore everything about Android and give you an opportunity to ask questions. You may bring your Android tablet or smart phone, but it is not required to attend.

4619 Fri May 11-June 1 1:30pm-3pm
\$35 R / \$42 NR PKCC Instr: Sally Ann Mowrey

Windows 10 Workshop

Age 18-Adult Do you need help with Microsoft's Windows 10 Operating System? Join us for this Workshop that will cover basics and give you an opportunity to ask questions. You may bring your Windows 10 device (laptop, tablet, or cell phone), but it is not required to attend.

4618 Fri Apr 6-27 1:30pm-3pm
\$35 R / \$42 NR PKCC Instr: Sally Ann Mowrey

One-on-One Computer Assistance

Baffled by your software program? Uncomfortable asking questions in class? Can't figure out that new digital camera? Need to create a customized database or query? Enjoy one-on-one tutoring with Sally Ann Mowrey! Here is a fabulous opportunity to improve your computer skills and enhance your equipment knowledge.

*Resident \$35 / Non-Resident \$42
Advanced registration required,
call 425.587.3360*

Health & Wellbeing

New Vibrant Me!

Age 16-Adult It's an empowering combination—part nutritional education, part sugar detox, part support group! This program is a simple way to give your body a vacation from sugar and processed foods. With a 3-week sugar detox built right in, the program focuses on how to use REAL FOOD to boost your energy, reduce inflammation and get rid of sugar and carb cravings. Discover how good you can feel!

4462 Tue Apr 17-May 15 7:20pm-8:30pm
4463 Thur Apr 19-May 17 10:30am-11:40am
\$165 R / \$198 NR NKCC Tatiana Schwiering, NTP

Hypnosis for Weight Loss

Age 18-Adult Hypnosis sessions are designed to help you eat smaller—and healthier!—portions, enjoy your “play-time,” and feel your feelings instead of eating them. Instructor Bob Felix is certified with the National Guild of Hypnotists. Location: Heritage Hall, 203 Market St.

4616 Tue Apr 24 6:30pm-9:30pm
4617 Wed June 27 6:30pm-9:30pm
\$29 R / \$35 NR Heritage Park Instr: Bob Felix

Making it Easier for Your Loved Ones

Age 18-Adult When you organize your wishes, you leave a memorable gift. There is over 30 billion dollars in unclaimed assets as a result of family members not knowing about or not knowing where their now deceased family member's key assets or documents are located. This results in tremendous added stress and anxiety for our loved ones at a time of already high emotional grieving. Learn how to organize your affairs to make it easier for loved ones to grieve while settling your estate. Advance registration is required, call 425.587.3360. **There is a fee of \$38 payable to the instructor for the class workbook.**

3296 Thur Apr 26 6pm-8pm
\$10 R / \$12 NR PKCC Instr: Bhaj Townsend

ESL Conversation

This class is for learners of English who want to practice speaking and listening, meet people and have fun! The teacher will suggest topics for student discussion and students can suggest topics too. Possible topics will include English for the workplace, citizenship and civics, communication with children's teacher and US culture. Activities may include games, role play, debates and more. Elizabeth Standal has taught English to speakers of other languages since 1998. \$5 supply fee.

4932 Thur Apr 19-June 7 7-8pm
4933 Thur July 5-Aug 23 7-8pm
\$100R / \$120NR PKCC Instr: Elizabeth Standal

Women's Self Defense

Age 18-Adult Learn the 4 most crucial safety lessons: recognizing when someone means harm, using your body language and voice to interrupt an intended assault, simple yet effective physical skills to neutralize an attacker, and how to deal with the emotional fallout of an assault. Practice strikes to vulnerable targets, creating an impact, and releases from some common grabs. **Bring a lunch or snack and water bottle.**

4309 June 16 11am-4pm
\$114 R / \$137 NR NKCC Instr: Strategic Living

Self Defense for Girls Off to College

Age 17-25 Learn simple and effective ways to stay out of harm's way on and around campus. In this short seminar, we will address 2 ways to identify possible evil-doers, 3 strategies to evade them, and 4 techniques to neutralize their ill intent. Some of this class will be physical, some verbal. **Class size limited to 15.**

4311 Aug 4 12:30pm-4pm
\$70 R / \$84 NR NKCC Instr: Strategic Living

New Parents

Bringing Baby Home: **NEW!** Transitioning to Parenthood

Age 18–Adult This 2-day workshop is the only scientifically based workshop that is dedicated to improving the quality of life for babies and children by strengthening their families. Developed by renowned relationship and parenting experts, Dr. John and Julie Gottman, the BBH program is perfect for those that are interested in having a baby, expecting a baby, or already parenting a child 3 or younger. You will gain knowledge and skill sets needed to constructively cope with the various changes that typically occur during the first three years after your baby is born. You and your partner will learn how to strengthen your friendship, increase intimacy and affection, maintain relationship satisfaction, create positive baby-child interactions, reduce hostility, ensure quality involvement for both parents, and reduce incidence or severity of postpartum mood disorders. **Babies 3 months and younger are welcome. Advance registration is required, call 425.587.3360.**

4673	Sat	Apr 7–14	8:30am–4pm
4674	Sat	July 14–21	8:30am–4pm
\$260 R / \$312 NR PKCC Instr: Laine Walsh			

Relationship Growth

Gottman Seven Principles Workshop **NEW!**

Age 18–Adult Based on the research findings of Dr. John Gottman, this workshop will give you new insights and research-based relationship skills that can dramatically improve the intimacy and friendship in your relationship and help you resolve conflict in a healthy, productive way. It is designed to strengthen your marriage or relationship. If you have a strong relationship, this workshop will provide you with insights and tools to make it a great one. If your relationship is distressed, this two-day workshop will provide a road map for repair. This workshop is for all couples in a committed relationship however is not designed for couples experiencing severe relationship distress, emotional abuse, domestic violence, active addictions (alcohol/drug, sexual, gambling etc.) and those who are experiencing severe mental health problems in one or both partners.

4675	Sat	May 5–12	8:30am–4pm
\$260 R / \$312 NR PKCC Instr: Laine Walsh			

Voice Talent

Voice Overs: Now is your time!

Age 18–Adult YOU'VE HEARD LISA FOSTER ON TV AND RADIO COMMERCIALS! (Crest Toothpaste, Olay, Cafe Appassionato, LA Weight Loss, Advanced Laser Clinics, and Sleep Train, and More) Now hear Lisa LIVE as she illustrates how YOU could actually begin using your speaking voice for commercials, films and videos! This exciting and fun class could be the game changer that you've been looking for!

3888	Wed	May 16	7pm–9pm
4614	Thur	July 26	7pm–9pm
\$37 R / \$44 NR NKCC Instr: Such a Voice			

Real Estate

Home Sellers Workshop

Learn how to get top dollar for your home. Topics include pricing, marketing, the pros and cons of "For Sale By Owner" and the costs involved including commissions, taxes, title and escrow.

4597	Wed	Apr 11	7pm–9pm
4598	Mon	July 9	7pm–9pm
\$12 R / \$14 NR PKCC Instr: Kim Prater			

Home Buyers Workshop

Whether you're a first time home buyer, upgrading or looking for an investment it's important to know the market. Come get all your questions answered and learn the ropes of purchasing. This class is facilitated by both a mortgage and real estate professional. Find out why home inspections, appraisals and home owner insurance are important. Discuss the Title and Escrow process. Learn how to make the right choices in budgeting for a home and determine how much you qualify for. Turning your dreams into reality is just a class away.

4599	Wed	June 6	7pm–9pm
\$12 R / \$14 NR PKCC Instr: Kim Prater			

The "New" Reverse Mortgage

Are you or your spouse at least 62 years of age and have equity in your home? If yes, you may qualify to stay in your home for your lifetime without having another mortgage payment, possibly receiving a portion of your home equity in one lump sum or having it as an additional income every month again with zero payment. Join a local Reverse Mortgage Specialist for a round-table workshop and gather the information needed to make you feel comfortable and confident with a decision based on your personal scenario.

4600	Wed	Apr 25	7pm–9pm
4601	Mon	July 23	7pm–9pm
\$12 R / \$14 NR PKCC Instr: Kim Prater			

